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| **Logo  Description automatically generated with medium confidence****MANAGING THE JOURNEY IN COUNTERING RACISM****Please Note**. This action chart is more complex than the others simply because there are a lot of ways to act in managing the journey that comes with committing to counter racism as a White person. Just capture your initial thoughts in the various categories, save them, and come back later to refine and add to them. This is an ongoing process. It also helps greatly to talk with others about managing the journey. |
| 1. **BEING THE AUTHOR**
 |
| How can I be the author of this journey whether I am “answering a call, have been thrown in, or have blundered into the journey? |  |
|  |
| 1. **THE THREE CORE CHALLENGES OF A JOURNEY**
 |
| **LET GO** |  |
| **DISCOVER/MASTER** |  |
| **“INBETWEENITY”** |  |
|  |
| 1. **HOW I MIGHT GROW / DEVELOP/ BECOME MORE COMPLETE**

We Grow When We are Tested – on Multiple Levels |
| **PHYSICALLY** | **INTELLECTUALLY** | **EMOTIONALLY** |
| **SOCIALLY** | **SPIRITUALITY** | **OTHER** |
|  |
| 1. **THE POSSIBLE “RIPPLE EFFECT” (+&-)**

Impact & Response of OthersWhat I Can Do to Increase + and Decrease - |
| **INDIVIDUALS** | **GROUPS, ORGANIZATIONS, or COMMUNITIES** |
|  |
| 1. **MY SUPPORT NETWORK**

What Can I Put in Place – and Use |
| **INDIVIDUALS** | **GROUPS/ORGANIZATIONS** | **PLACES OF REST & RENEWAL** |
| **Activities/Habits/Rituals** |  |  |
|  |
| **OTHER NOTES & IDEAS** |